

2019 Wilton Wahoos YMCA Thanksgiving Invitational MEET ANNOUNCEMENT

About the Invitational Meet

Date: November 22-24, 2019

Location: Wilton YMCA

Entry Deadline: November 1, 2019

Hosted by: Wilton Y Wahoos

Meet Director: JoAnn McCaffrey

jmccaffrey@riverbrookymca.org

Web Site: wywahoos.org

Contents

About The Invitational Meet	2
Location and Facility	3
Web Site	3
Contact Information	3
Notices	4
Eligibility	4
Entry Information	6
Volunteers/Officials/Timers	7
Check-in Procedure	8
Meet Procedures and Operations	8
Awards and Recognition	12
Time Trials	12
Spectators	13
Liability, Safety and Emergency Procedures	13
Directions	15
Lodging	15
Parking	15
APPENDIX 1: Order of Events	16
APPENDIX 2: Qualifying Times	22
APPENDIX 3: YMCA Sanctioned Meet Declaration Form	23



2019 Wilton Wahoos YMCA Thanksgiving Invitational November 22-24, 2019

ABOUT THE INVITATIONAL MEET

This meet is a sanctioned, closed, inter-association YMCA Invitational meet. This meet and all participants will adhere to the Rules that Govern YMCA Competitive Sports and the Swimming Addendum to the Rules that Govern YMCA Competitive Sports. USA Swimming technical rules will be followed. The meet is YMCA sanctioned and approved by the CT of USA Swimming.

YMCA Sanction number: xxxxxxxx.
USA-S/CT Approval number A19-2
USA-S/CT Time Trial Approval number same.

Please Note: This USA/CT Swimming approved meet will not count toward the regularly scheduled sanctioned meet eligibility requirement for CSI championships (Regional Championships and Age Group Championship). This meet does not count toward the eligibility requirement of Connecticut Swimming Scholar Athlete, Athlete Travel Assistance, or other CSI recognition programs with meet eligibility requirements. This meet will not count toward the regularly scheduled sanctioned meet eligibility requirement for CT Zone Team selection. Times attained at this meet cannot be used for Short Course Zone Team qualification and selection.

ADJUSTMENTS TO THE MEET ANNOUNCEMENTS: The Meet Committee reserves the right to make any adjustments to the provisions of the meet announcement deemed necessary to ensure the fair and efficient running of the meet or due to unforeseen issues of weather or facility problems. Changes will be communicated as far in advance as possible. None of the required elements for a YMCA Sanctioned Invitational meet and USA-S Approved meet can be changed.

MEET TIMELINE: Warm-up and start times for all sessions are subject to change depending on the size of the meet

10 & under events are timed finals 11& over T/F with the exception of Friday evening session.

SESSION TIMES

Friday

12 & under (200Y Free/200IM/50 free)	Warm-up: 1:30PM	Start: 2:30PM
13& over (400 IM/50 Fr/ 1000 Fr)	Warm-up: 3:30 PM	Start: 5:00PM

Saturday and Sunday

13& Over AM Session	Warm-up: 7:00AM	Start: 8:30AM
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2019 Wilton Wahoos YMCA Thanksgiving Invitational November 22-24, 2019

12& Under PM Session
Finals: (11& over)

Warm-up: 12:30PM
Warm-up: 5:00PM

Start: 1:30PM
Start: 6:00PM

INCLEMENT WEATHER/CANCELATION: none

LOCATION AND FACILITY

Location: Wilton YMCA (Riverbrook YMCA) 404 Danbury Road, Wilton, CT 06897[

Emergency Phone Number: 203-762-8384

The Wilton YMCA is configured as a 6 lane, SC course. Water depth at start is 6.5 ft (minimum 5 feet required) and at turn end is 4.7 feet. Daktronics electronic timing system will be used. The competition course [has/has not] been certified in accordance with 104.2.2C (4) the meet is run in 2 25 yard pools

There is no warm down pool

Spectator Seating is in the bleachers on the building side of the pool

Swimmer holding area is located in the gym, so please bring chairs. There are bleachers on deck for the swimmers but NO chairs are allowed on deck.

Free wi-fi is available. No spectator fee, programs will be sold.

WEB SITE

Meet Information can be found at: wywahoos.org or CTSwim.org

Online Meet Results: [Meet Mobile](#)

CONTACT INFORMATION

Meet Director: JoAnn McCaffrey jmccaffrey@riverbrookymca.org 203-762-8384 x 249

Entry Chairperson: same

Meet Referee: Liza Heller Liza.J.Heller@gmail.com

Administrative Official: JoAnn McCaffrey (above)

Officials Coordinator: Liza Heller (above)

Safety Director: Mary Norman marymornan@optonline.net



2019 Wilton Wahoos YMCA Thanksgiving Invitational November 22-24, 2019

NOTICES

- Timers will be required from participating teams. Officials that wish to work should contact the officials coordinator (above)
- Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water **without the use of the backstroke ledge**. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
- **ADULT ATHLETES:** All athletes who will be 18 years of age or older must complete the mandatory Athlete Protection Training prior to competition. Failure to do so will result in the swimmer being scratched from the meet.
- **SWIMWEAR:** Per CT Swimming policy, swimmers 12 years old and younger are not permitted to wear "Tech Suits" at any CT sanctioned or approved meets. "Tech Suits" are defined as a suit that has Bonded Seams, Kinetic Tape, or Meshed Seams. Age is determined on the first date of the meet.

ELIGIBILITY

ATHLETE

YMCA Membership: An athlete must be a YMCA member in good standing who holds an annual, full privilege membership at the YMCA he/she represents for a period of at least 30 days prior to the first day of the meet.

Amateur Status: An athlete may not have represented a college, university or other post-high school institution in any competition and may not have accepted pay or compensation for competing as a swimmer.

Unattached Athletes: There is no "unattached" status in YMCA Swimming.

Age: An athlete must be at least 7 years of age, and not older than twenty-one (21) years of age on the first day Meet.

YMCA Meet Participation: Must be a current member of a YMCA

Times: There are no time standards for this meet

Athletes with a Disability: Swimmers with a disability are welcome to enter this meet. The coach or team entry person must alert the meet director and the meet referee as to the need for any special accommodations



2019 Wilton Wahoos YMCA Thanksgiving Invitational November 22-24, 2019

or seeding arrangements at the time the entry is submitted. If modifications to USA Swimming rules are necessary, then the coach or athlete must notify the meet referee of any disability prior to competition.

COACH

Required Certifications: Required Certifications: Coaches must hold current certifications in the following courses in order to receive a deck credential:

- Safety Training for Swim Coaches
- Basic Life Support (Professional Rescuer CPR)
- First Aid
- Principles of YMCA Competitive Swimming and Diving
- Child/Athlete Protection Training

A list of the acceptable certifications can be found in the CERTIFICATION REQUIREMENTS FOR SWIM COACHES or SWIMMING ADDENDUM TO THE RULES THAT GOVERN YMCA COMPETITIVE SPORTS

Coach Registration: Each coach must have completed the annual YMCA on-line coach registration process prior to the entry deadline. Coaches who are not registered and approved will not be permitted on deck.

Teams without A Coach at the Meet: All athletes and teams must have at least one certified and credentialed YMCA coach designated as being responsible for their supervision during competition. When a YMCA team will not have a coach present, that YMCA may authorize an eligible coach from another YMCA attending the meet to be responsible for their athletes at the meet. The Meet Director and Meet Referee must be notified of this situation.

TEAM

Team Registration: Each team must have completed the annual YMCA on-line team registration and paid the annual registration fee prior to the entry deadline.

Insurance: Each team that participates in the meet must have a current and correct Certificate of Liability Insurance, in effect through the last day of the meet.



2019 Wilton Wahoos YMCA Thanksgiving Invitational November 22-24, 2019

ENTRY INFORMATION

ENTRY LIMITS: 3 Individual events per day with a limit of 8 individual total

If the meet includes time trials or allows deck entries, the meet information must state that time trial and/or deck entry events count toward the daily limitation on the number of events a swimmer can swim (rule reference 102.2.2 and 102.2.7).

- a. A swimmer may swim no more than 3 individual events per day in a prelims/finals meet and no more than 5 individual events per day in a timed final meet
- b. Time trial events must count as a part of this daily total.

QUALIFICATION PERIOD: There is no qualifying period

USA-S IDs: Only USA-S registered athletes should have an ID number in the Meet Entry File.

TIME STANDARDS: none

TIMES: No Times (NT) are allowed. Submit entry times in Actual time (no onversion), SCY, LCY. Entered times must be the swimmer's BEST time achieved.

ENTRY FEES: Splash event fees are \$10.00 each; relays are \$22.00 each. Splash fees for the 1650Y Freestyle are \$10.00 each. No refunds will be given for entries that are accepted, or for entries are rejected due to improper entry.

OTHER: Coaches must present valid ID

ENTRY DEADLINE: November 1, 2019

ENTRY PROCEDURE: Must be submitted in SCY. Email electronic CL2orSD3/SDIF file to entry chair Jo Ann McCaffrey at jmccaffrey@riverbrookymca.org . The phone number and email address of a club official must be included on the form as well as a club mailing address. **NT** entries are strongly discouraged. Please estimate swimmers' times, if necessary, for seeding purposes. Relays must be entered with seed times which may not be changed. NT entries will not be accepted for relays. In case of dispute, the official entry form will be considered the master form and only official document of entry

PAYMENT: Please make checks payable to Wilton Wahoos and mail to: Jo Ann McCaffrey, Wilton Wahoo Finance Manager, 404 Danbury Rd., Wilton, CT 06897. Payment is due by November 15th, 2019. **Manual Entry Fee:** If you submit hand



2019 Wilton Wahoos YMCA Thanksgiving Invitational November 22-24, 2019

entered entries, a \$5.00 charge will be added to each swimmer, over 5 and a limit of 50.

OVER-SUBSCRIPTION:

If the session is oversubscribed, the following protocol will be instituted in the order presented to reduce the timeline to the required length or participation number

- 1 Entries will be accepted on a first-come, first-served basis
2. Visiting teams may be cut on the date/time receipt of the paid final entry. If teams are cut, the host reserves the right to offer the available partial entry to the cut teams in the order the teams were received in order to fill the meet. Be aware the meet may close prior the to entry deadline. Teams whose entries cannot be accepted will be notified as soon as the meet is full, but no later than November 8th, 2019 The 1650 Freestyle will be limited to a total of 6 heats, 3 women/3 men's heats, time permitting.(more will be added if time allows) Splash fees for entries, which are scratched due to heat limits, will be returned.

The host team reserves the right to seek approval from Program Operations for additional changes, which may reasonably maximize participation opportunities.

Notifications of any cuts or changes will be made to Program Operations and the attending teams as soon as possible and no later than Monday before the meet.

VOLUNTEERS/OFFICIALS/TIMERS

OFFICIALS AND TIMERS: A meet of this size and caliber requires many workers to make it run efficiently. The Wahoos welcome anyone who would like to assist with officiating during this meet. Please contact Liza Heller (liza.j.heller@gmail.com) if you would like to help or include the name, phone number and level of any willing official with your entry. As we are running 2 pools at all sessions, there will be a great need for timers. ***The host team will require timers from teams in proportion to the size of their entries.*** Team assignments will be emailed by the **Tuesday** prior to the meet.

All volunteers will be required to attest to reading and understanding the USA Swimming [Minor Athlete Abuse Prevention Policy](#).

SIGN-UP PROCEDURE: on the deck in the area near the computer table



2019 Wilton Wahoos YMCA Thanksgiving Invitational November 22-24, 2019

BACKGROUND CHECK POLICY: current USA swimming certifications

ATTIRE: Navy bottom, white top

CHECK-IN PROCEDURE

MEET CHECK-IN PROCEDURE: Coaches should present the credentials at the computer table to pick up their packets with scratch sheets

EVENT CHECK-IN: with your team scratch sheets

COACHES MEETING/SCRATCH MEETING Scratches are due to appropriate pool no later than 15 min after the start of warmups. Coaches will be given scratch sheets at the start of the meet

OFFICIALS AND TIMERS MEETING: Timers meeting will be announced. Usually 30 min before the start time in the hallway outside the pool. Officials will conduct a meeting each session in the hospitality area.

MEET PROCEDURES AND OPERATIONS

MEET COMMITTEE: The Committee will consist of the Meet Director, Meet Referee.

RULES: The meet will run under Rules That Govern YMCA Competitive Sports, Swimming Addendum to the Rules That Govern YMCA Competitive Sports, USA-S Technical Rules.

MEET FORMAT: The meet will be swum using a Prelims and Finals for 11 and over swimmers with the exception of Fridays events which will be timed finals. 10 & unders will be timed finals format. Swimmer's age will be determined as of first day of the meet Distance events will be run as 13 and over and scored by age group.

Distance Events:

- The 500Y/1650Y Freestyles will be run as 13/over combined events but will be scored according to age group.
- There be a maximum **6 heats total of the Women/Mens 1650Y Free.** (If time allows more heats will be added)
- The 500Y/1650Y freestyles will be swum **fastest to slowest alternating by heat women /men.** The 500Y freestyle will be swum during the Saturday morning session after the relays, **with the fastest 2 seeded heats of the Women and Men's 500 Freestyle being swum at Finals Saturday night as a timed final.** Depending on pool setup and time heats will be run fastest to slowest, alternating girls/boys.
- The 400Y IM will also be swum fastest to slowest, alternating by heat women/ men depending on pool use.



2019 Wilton Wahoos YMCA Thanksgiving Invitational November 22-24, 2019

- **There will be a psych sheet for the 1650Y freestyle posted on our website at the beginning of the week of the meet to inform those swimmers who will be participating in the event.**
- Swimmers need to **provide their own timers/counter for the 500Y/1650Y Free.**
- All events will be deck seeded according to the swimmers' best yard times. Preliminary heats will be held in individual events for 11-12, 13-14, and senior swimmers on Saturday and Sunday.
- There will be two heats of finals in each event. All 10 and under events will be timed finals. Events 1-17 on Friday evening and all relays will be swum as timed finals.
- Relays will be swum during the preliminary session. All swimmers entered in relays must be listed on the entry sheet. This is subject to change depending on the division of the pools.

The officials have the right to move any remaining events during any session if one pool finishes significantly ahead of the other pool

EVENT SEEDING: Events will be seeded Slowest to Fastest, except for the following events 500/1650 free, 400 IM The Meet Referee/Administrative Official reserve the right to combine heats.

SCRATCH PROCEDURES: An athlete is considered entered into an event unless he/she scratches from that event. If an athlete does not scratch from an event and does not swim the event, that event still counts toward the athlete's total number of events for the meet.

Failure to Compete in Finals: Any swimmer qualifying for any heat of finals who fail to compete and who has not been scratched will be barred from competing in their next event. A declared false start or deliberate delay of meet is not permitted and will be regarded as a failure to compete.

There will be a Positive Check In for Finals Sunday Evening. Coaches, please positive check in through 30 places to help ensure full heats for Sunday Finals

Exceptions for Failure to Compete in Finals: No penalty shall apply for failure to compete in finals if:

- The referee is notified in the event of injury of illness and accepts the proof thereof.
- A swimmer qualifying for a final heat based on the results of preliminaries notifies the announcer within 30 minutes after the announcement of qualifiers that he may not intend to compete and confirms his final intentions within 30 minutes following his last individual preliminary event.
- It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.

DECLARED FALSE START: An athlete may also withdraw from a heat or swim-off by electing to take a declared false start. Such declaration must be made known to the Deck Referee before the heat or swim off is announced. A declared false start



2019 Wilton Wahoos YMCA Thanksgiving Invitational November 22-24, 2019

counts as an event swum for the athlete and will be counted in the maximum number of events allowed for each athlete.

NO SHOW: An athlete who is seeded in an event and fails to compete (i.e., a “no show”) shall not compete in any further individual or relay events unless the athlete and/or coach declares an intent to swim to the Administrative Referee prior to the next scheduled event for the athlete.

WARM-UP SAFETY PROCEDURES: Teams **will** be assigned lanes for warm-ups. No team has exclusive rights to any pool lanes during warm up period, during or before the start of the meet. Teams will need to share lane space and work cooperatively in reflection of the YMCA values and sportsmanship.

During designated warm up sessions, athletes may only enter the competition pools from the starting end. Athletes are expected to use a three-point entry in which they sit on the side of the pool then slide into the pool gently, with one hand on the wall. The exception is during specific warm up periods when sprint lanes are designated for practicing racing starts.

Coaches are responsible for the safety of their athletes and are expected to monitor them at all times during warm up sessions.

READY BENCH: none

STARTS: 'Fly-over' starts will be used at this meet. All swimmers (except for Backstroke starts) should remain in the water at the completion of their race until the next heat has begun.

SWIM-OFFS: In the event a swim-off is necessary, the meet referee will set a time for the swim-off which will not be any later than 45 minutes after the last heat of any event in which any of the swimmers in the swim-off is competing. (USA Swimming Rule 102.5.2)

SWIMS (USA-S): This meet has been approved by USA Swimming. Therefore, all individual times will be automatically submitted for entry into SWIMS as long as USA-S ID numbers have been included with your entry.

RESULTS: Any results displayed on the scoreboard are unofficial until final results are published. Results will be posted in the halls for parents and on deck for swimmers

PROTEST PROCEDURE: Protests may only be initiated by a person with standing, that is, a coach or YMCA supervisor whose team is competing in the meet. The Meet Committee will arbitrate protests, eligibility issues, safety rules and other issues



2019 Wilton Wahoos YMCA Thanksgiving Invitational November 22-24, 2019

Protests against the judgment decisions of starters, stroke, turn, place and relay take-off judges can only be considered by the Referee and the Referee's decisions will be final USA-S Rule 102.23).

CONDUCT AND RESTRICTIONS: The Meet Referee reserves the right to dismiss any swimmer, coach and/or spectator from the competition due to inappropriate conduct

- Deck access is limited to only registered and approved coaches, swimmers, and working officials.
- Except where the venue facilities require otherwise, changing, into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited. The USA Swimming Rulebook defines Deck Change as: Changing, in whole or in part, into or out of a swimsuit (excluding a drag suit) in an area other than a permanent or temporary locker room, bathroom, changing room or other space designated for changing purposes while at a practice, competition, or other pool-related activity." This includes slipping off the top of a one-piece performance suit to place on an alternate bikini top immediately following a race.
- Glass, Food, and Chairs are not permitted on deck.
- The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
- Photographs are not allowed to be taken behind the block during competition.
- Massage tables are not permitted.
- Individuals are responsible for the security of their personal belongings and are encouraged not to bring valuables to the meet venue and not to leave items unattended.
- Swimmers are not permitted in the spectator stands
- Shaving is not permitted in any areas of the facility.
- Photography or video recording (using cameras, video cameras, iPads, cell phones, etc.) is not permitted in the area immediately behind the starting blocks at either end of the racing course(s) while they are in use for "race starting purposes" during competition and warm-ups.
- Additional "Non-Camera Zones" may be designated by Meet Management. Any individual failing to abide by these rules may be ejected from the facility and be subject to a Code of Conduct violation at the discretion of Meet Management.
- **DRONES:** Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker



2019 Wilton Wahoos YMCA Thanksgiving Invitational November 22-24, 2019

rooms) any time athletes, coaches, officials and/or spectators are present. Exceptions may be granted with prior written approval by the USA Swimming Vice President of Program Operations.

AWARDS AND RECOGNITION

SCORING: Yes. Will be as rule 102.7.3. both consolation and final heats score

AWARDS: 12/U Events: Awards will be given to 1-6 places for individual events.

13/14 and Senior Events: There will be no individual and relay awards. High point will be awarded to winners in each age group men and women.

Distance High Point: 1-3 places will be given to individuals (13-14, Senior) who swim in all distance events, 500 Free, 400IM and 1650 Free.

RECOGNITIONS: none

TIME TRIALS

FORMAT AND FEE: If Time Trials are held Time Trials are open only to athletes entered in the Invitational meet.

An athlete may only swim the stroke being contested in a Time Trials event, e.g. an athlete may not swim backstroke in a breaststroke event in Time Trials.

Time Trials may be offered at the discretion of the Meet Referee in accordance with CSI policy if time allows. Time trials are limited to the events published in this meet announcement (age/distance/stroke). Time Trials will count toward the athlete's event limitations for the day and meet. If they are offered, only athletes properly entered in one or more events in the meet are eligible for time trials and must be properly entered in the Time Trial. The deadline for Time Trial entries is/are 10:00AM for morning sessions and 3:00PM for afternoon sessions. The fee for Time Trial entries are \$12.00 for individual events and \$24.00 for relays.

TIME TRIAL LIMITS:

If USA-S Approved: Note: USA-S rules limit the total number of individual event swims (Rule reference 102.2.2 and 102.2.7.

- A swimmer may swim no more than 3 individual events per day in a prelims/finals meet
- Time trial events must count as a part of this daily total.

TIME TRIAL ENTRIES: above



2019 Wilton Wahoos YMCA Thanksgiving Invitational November 22-24, 2019

TIME TRIAL PROCEDURE: at the discretion of meet referee

SPECTATORS

ADMISSION FEE: none

HEAT SHEETS/PROGRAMS: Will be available at the beginning of each session for a nominal cost

CONCESSION STAND: YMCA vendor for swimmers and parents. Coaches hospitality room

ATHLETE APPAREL: none will be available

SEAT SAVING POLICY: Limited seating is available therefore NO seat saving is available

HANDICAP SEATING: yes

LOST AND FOUND: Items lost will be returned to a named area

CONDUCT AND RESTRICTIONS:

- No Flash Photography at the start of competition races.
- No personal chairs are allowed in the spectator area
- Parents are responsible for the conduct of their children. Children are not allowed to roam the facility unattended.
- The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
- Spectators are not permitted on deck in the swimmers area
- No smoking, drugs, or alcohol are permitted in the swimming complex.
THEY MAY BRING CHAIRS FOR THE GYM
- Y facilities other than the competitive pool ARE NOT AVAILABLE
- Swimmers will be seated in the gym area and will need shoes to travel to and from the deck.

LIABILITY, SAFETY AND EMERGENCY PROCEDURES

INSURANCE: Each Association participating in this meet must have insurance coverage for representative(s) including leadership and participants who will be in attendance for the period of the meet. The Declaration Form must be signed by each YMCA participating in the meet. PAPERWORK MUST BE SUBMITTED TO THE MEET DIRECTOR PRIOR TO THE MEET!

LIABILITY LIMITS:



2019 Wilton Wahoos YMCA Thanksgiving Invitational November 22-24, 2019

- In granting of the USA-S/CT approval, it is understood and agreed that USA Swimming and CT shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the meet.
- In granting the YMCA Sanctioning, it is understood and agreed that YMCA of the USA shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the meet.
- Copies of COI need to be sent to Meet Director prior to the meet

EMERGENCIES: The facility personnel will handle all emergencies at the meet. These individuals will provide CPR and first aid as needed and will ensure that individuals with serious injuries are transported immediately to the nearest hospital for further treatment. Defibrillators will be on site.

Any coach, athlete or official who recognizes an emergency situation should immediately inform the facility's personnel and then make sure the vicinity of the emergency is clear for the emergency personnel to do their job.

UNACCOMPANIED ATHLETE: Each athlete must have a certified coach responsible for him/her while on the pool deck. The coach of the athlete must authorize in writing a coach from another team to represent their team and be responsible for the swimmer(s).

CONCUSSION AWARENESS: This meet will follow the YMCA of USA Concussion procedure. Anyone who observes or has knowledge of a potential head injury should immediately notify lifeguards and/or hired medical personnel. Once the injury report is completed, the lifeguard and/or hired medical personnel will notify the Event Staff, the athlete's coaching staff, and the Meet Director.

If a head injury occurs, the action plan below will be followed:

1. Athlete is removed immediately from participation by the Meet Director
2. Athlete must be evaluated by a licensed health care professional experienced in identifying and treating concussions. In addition, the athlete must be in compliance with the laws that are in effect within the jurisdiction where the meet is held.
3. The coaching staff will inform the athlete's parents or guardians about the possible concussion and give or send them the fact sheet on concussion.
4. The athlete will not be allowed back to warm-up or compete until a health care professional, experienced in evaluating concussions determines that the athlete is symptom-free and is OK to return to participation.



2019 Wilton Wahoos YMCA Thanksgiving Invitational November 22-24, 2019

LIGHTNING POLICY: The National Lightning Safety Institute, National Athletic Trainers Association, American College of Emergency Physicians, USA Swimming, and YMCA of the USA all recommend or require closing an indoor pool during an electrical storm. This policy will be followed at the meet.

DRONES: Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

EVACUATION PROCEDURE: Through the bubble doors and locker rooms in an orderly fashion as directed by YMCA staff

DIRECTIONS

Merritt Parkway from New Haven: take exit 41 (Rt. 33) at end of ramp turn left north onto route 33. Go 5.0 miles to the sixth traffic light. The Wilton Family Y is on the right and the Wilton High School is on the left. Turn into the parking lot. Parking is available across the street at the high school.

Merritt Parkway from New York: Take exit 39B turn right at the end of the ramp onto Route 7 North. Follow Route 7 north to merge with route 33. Go left at the light and continue north on route 7 about 3 miles to the Wilton Y as above.

Connecticut Turnpike I-95: Take exit 15 to Route 7 North. Follow Route 7 connector to end and turn right. Go to end and turn left onto Route 7 north. Follow Route 7 directions listed above from N.Y.

LODGING

There are numerous hotels in the Norwalk and Danbury areas

PARKING

Parking at the Y is limited to marked areas. There is plenty of parking across the street at Wilton High School



2019 Wilton Wahoos YMCA Thanksgiving Invitational November 22-24, 2019

APPENDIX 1: ORDER OF EVENTS

Session: 1 FRIDAY 10 & under NORTH POOL

Day of Meet: 1 Starts at 02:30 PM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Girls 10 & Under 200 Freestyle	0	0	02:30 PM	_____
Finals	2 Boys 10 & Under 200 Freestyle	0	0	02:30 PM	_____
Finals	3 Girls 11-12 200 Freestyle	0	0	02:30 PM	_____
Finals	4 Boys 11-12 200 Freestyle	0	0	02:30 PM	_____
Finals	5 Girls 10 & Under 200 IM	0	0	02:30 PM	_____
Finals	6 Boys 10 & Under 200 IM	0	0	02:30 PM	_____
Finals	7 Girls 11-12 200 IM	0	0	02:30 PM	_____
Finals	8 Boys 11-12 200 IM	0	0	02:30 PM	_____
Finals	9 Girls 10 & Under 50 Freestyle	0	0	02:30 PM	_____
Finals	10 Boys 10 & Under 50 Freestyle	0	0	02:30 PM	_____
Finals	11 Girls 11-12 50 Freestyle	0	0	02:30 PM	_____
Finals	12 Boys 11-12 50 Freestyle	0	0	02:30 PM	_____
	Finish Time			02:30 PM	_____

Session: 2 Friday 13 & over GIRLS South POOL

Day of Meet: 1 Starts at 05:00 PM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	13 Girls 13 & Over 400 IM	0	0	05:00 PM	_____
Finals	14 Boys 13 & Over 400 IM	0	0	05:00 PM	_____
Finals	15 Girls 13 & Over 50 Freestyle	0	0	05:00 PM	_____



2019 Wilton Wahoos YMCA Thanksgiving Invitational November 22-24, 2019

FFinals	16 Boys 13 & Over 50 Freestyle	0	0	05:00 PM	_____
Finals	17 Girls 13 & Over 1650 Freestyle	0	0	05:00 PM	_____
	05:00 PM			Finish Time	_____

Session: 3 Friday 13 & over BOYS NORTH POOL

Day of Meet: 1 Starts at 05:00 PM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	18 Boys 13 & Over 1650 Freestyle	0	0	05:00 PM	_____

Session: 4 SATURDAY 13/14 NORTH POOL

Day of Meet: 2 Starts at 08:30 AM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	19 Girls 13-14 100 Breaststroke	0	0	08:30 AM	_____
Prelims	20 Boys 13-14 100 Breaststroke	0	0	08:30 AM	_____
Prelims	23 Girls 13-14 200 Butterfly	0	0	08:30 AM	_____
Prelims	24 Boys 13-14 200 Butterfly	0	0	08:30 AM	_____
Prelims	27 Girls 13-14 100 Freestyle	0	0	08:30 AM	_____
Prelims	28 Boys 13-14 100 Freestyle	0	0	08:30 AM	_____
Prelims	31 Girls 13-14 200 Backstroke	0	0	08:30 AM	_____
Prelims	32 Boys 13-14 200 Backstroke	0	0	08:30 AM	_____

Break: 5 Minutes:

Finals	35 Girls 13-14 200 Medley Relay	0	0	08:35 AM	_____
Finals	36 Boys 13-14 200 Medley Relay	0	0	08:35 AM	_____

Break: 10 Minutes:

Finals-S	39 Girls 13 & Over 500 Freestyle	0	0	08:45 AM	_____
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<u>Finish Time</u>	08:45 AM
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2019 Wilton Wahoos YMCA Thanksgiving Invitational November 22-24, 2019

Session: 5 SATURDAY 15 & over SOUTH POOL

Day of Meet: 2 Starts at 08:30 AM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	21 Girls 15 & Over 100 Breaststroke	0	0	08:30 AM	_____
Prelims	22 Boys 15 & Over 100 Breaststroke	0	0	08:30 AM	_____
Prelims	25 Girls 15 & Over 200 Butterfly	0	0	08:30 AM	_____
Prelims	26 Boys 15 & Over 200 Butterfly	0	0	08:30 AM	_____
Prelims	29 Girls 15 & Over 100 Freestyle	0	0	08:30 AM	_____
Prelims	30 Boys 15 & Over 100 Freestyle	0	0	08:30 AM	_____
Prelims	33 Girls 15 & Over 200 Backstroke	0	0	08:30 AM	_____
Prelims	34 Boys 15 & Over 200 Backstroke	0	0	08:30 AM	_____
Break: 5 Minutes:					
Finals	37 Girls 15 & Over 200 Medley Relay	0	0	08:35 AM	_____
Finals	38 Boys 15 & Over 200 Medley Relay	0	0	08:35 AM	_____
Finals-S	40 Boys 13 & Over 500 Freestyle	0	0	08:35 AM	_____
	Finish Time			08:35 AM	_____

Session: 6 SATURDAY 10 & under NORTH POOL

Day of Meet: 2 Starts at 01:30 PM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	41 Girls 10 & Under 100 IM	0	0	01:30 PM	_____
Finals	42 Boys 10 & Under 100 IM	0	0	01:30 PM	_____
Finals	45 Girls 10 & Under 100 Breaststroke	0	0	01:30 PM	_____
Finals	46 Boys 10 & Under 100 Breaststroke	0	0	01:30 PM	_____



2019 Wilton Wahoos YMCA Thanksgiving Invitational November 22-24, 2019

Finals	49	Girls 10 & Under 50 Backstroke	0	0	01:30 PM	_____
Finals	50	Boys 10 & Under 50 Backstroke	0	0	01:30 PM	_____
Finals	53	Girls 10 & Under 100 Butterfly	0	0	01:30 PM	_____
Finals	54	Boys 10 & Under 100 Butterfly	0	0	01:30 PM	_____
Break: 10 Minutes:						
Finals	57	Girls 10 & Under 200 Medley Relay	0	0	01:40 PM	_____
Finals	58	Boys 10 & Under 200 Medley Relay	0	0	01:40 PM	_____

Session: 7 SATURDAY 11/12 SOUTH POOL

Day of Meet: 2 Starts at 01:30 PM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	43 Girls 11-12 100 IM	0	0	01:30 PM	_____
Prelims	44 Boys 11-12 100 IM	0	0	01:30 PM	_____
Prelims	47 Girls 11-12 100 Breaststroke	0	0	01:30 PM	_____
Prelims	48 Boys 11-12 100 Breaststroke	0	0	01:30 PM	_____
Prelims	51 Girls 11-12 50 Backstroke	0	0	01:30 PM	_____
Prelims	52 Boys 11-12 50 Backstroke	0	0	01:30 PM	_____
Prelims	55 Girls 11-12 100 Butterfly	0	0	01:30 PM	_____
Prelims	56 Boys 11-12 100 Butterfly	0	0	01:30 PM	_____
Finals	59 Girls 11-12 200 Medley Relay	0	0	01:30 PM	_____
Finals	60 Boys 11-12 200 Medley Relay	0	0	01:30 PM	_____

Session: 8 SATURDAY FINALS

Day of Meet: 2 Starts at 06:00 PM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	43 Girls 11-12 100 IM	0	2 u	06:00 PM	_____
Finals	44 Boys 11-12 100 IM	0	2 u	06:04 PM	_____



2019 Wilton Wahoos YMCA Thanksgiving Invitational November 22-24, 2019

Finals-1	39	Girls 13 & Over 500 Freestyle	0	0	06:08 PM	_____
Finals-1	40	Boys 13 & Over 500 Freestyle	0	0	06:08 PM	_____
Finals	47	Girls 11-12 100 Breaststroke	0	2 u	06:08 PM	_____
Finals	48	Boys 11-12 100 Breaststroke	0	2 u	06:12 PM	_____
Finals	19	Girls 13-14 100 Breaststroke	0	2 u	06:16 PM	_____
Finals	20	Boys 13-14 100 Breaststroke	0	2 u	06:20 PM	_____
Finals	21	Girls 15 & Over 100 Breaststroke	0	2 u	06:23 PM	_____
Finals	22	Boys 15 & Over 100 Breaststroke	0	2 u	06:27 PM	_____
Finals	55	Girls 11-12 100 Butterfly	0	2 u	06:31 PM	_____
Finals	56	Boys 11-12 100 Butterfly	0	2 u	06:34 PM	_____
Finals	23	Girls 13-14 200 Butterfly	0	2 u	06:38 PM	_____
Finals	24	Boys 13-14 200 Butterfly	0	2 u	06:45 PM	_____
Finals	25	Girls 15 & Over 200 Butterfly	0	2 u	06:52 PM	_____
Finals	26	Boys 15 & Over 200 Butterfly	0	2 u	06:58 PM	_____
Finals	27	Girls 13-14 100 Freestyle	0	2 u	07:05 PM	_____
Finals	28	Boys 13-14 100 Freestyle	0	2 u	07:08 PM	_____
Finals	29	Girls 15 & Over 100 Freestyle	0	2 u	07:12 PM	_____
Finals	30	Boys 15 & Over 100 Freestyle	0	2 u	07:15 PM	_____
Finals	51	Girls 11-12 50 Backstroke	0	2 u	07:19 PM	_____
Finals	52	Boys 11-12 50 Backstroke	0	2 u	07:21 PM	_____
Finals	31	Girls 13-14 200 Backstroke	0	2 u	07:24 PM	_____
Finals	32	Boys 13-14 200 Backstroke	0	2 u	07:31 PM	_____
Finals	33	Girls 15 & Over 200 Backstroke	0	2 u	07:38 PM	_____
Finals	34	Boys 15 & Over 200 Backstroke	0	2 u	07:45 PM	_____
		Entry / Heat Totals:	0	48		
		Finish Time			07:53 PM	_____

Session 9 SUNDAY 13/14 SOUTH POOL



2019 Wilton Wahoos YMCA Thanksgiving Invitational November 22-24, 2019

Day of Meet: 3 Starts at 8:30 AM Heat Interval: 20 seconds/Back + 15 seconds

Round	Event	Entries	Heats	Starts at	
Prelims	61 Girls 13/14 200 Freestyle	0	0	08:30 AM	_____
Prelims	62 Boys 13/14 200 Freestyle	0	0	08:30 AM	_____
Prelims	65 Girls 13/14 100 Backstroke	0	0	08:30 AM	_____
Prelims	66 Boys 13/14 100 Backstroke	0	0	08:30 AM	_____
Prelims	69 Girls 13/14 Breaststroke	0	0	08:30 AM	_____
Prelims	70 Boys 13/14 200 Breaststroke	0	0	08:30 AM	_____
Prelims	73 Girls 13/14 100 Butterfly	0	0	08:30 AM	_____
Prelims	74 Boys 13/14 100 Butterfly	0	0	08:30 AM	_____
Prelims	77 Girls 13/14 200 IM	0	0	08:30 AM	_____
Prelims	78 Boys 13/14 200 IM	0	0	08:30 AM	_____

Break: 10 Minutes:

Session: 10 SUNDAY 15 & over NORTH POOL

Day of Meet: 3 Starts at 08:30 AM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	63 Girls 15 & Over 200 Freestyle	0	0	08:30 AM	_____
Prelims	64 Boys 15 & Over 200 Freestyle	0	0	08:30 AM	_____
Prelims	67 Girls 15 & Over 100 Backstroke	0	0	08:30 AM	_____
Prelims	68 Boys 15 & Over 100 Backstroke	0	0	08:30 AM	_____
Prelims	71 Girls 15 & Over 200 Breaststroke	0	0	08:30 AM	_____
Prelims	72 Boys 15 & Over 200 Breaststroke	0	0	08:30 AM	_____
Prelims	75 Girls 15 & Over 100 Butterfly	0	0	08:30 AM	_____
Prelims	76 Boys 15 & Over 100 Butterfly	0	0	08:30 AM	_____
Prelims	79 Girls 15 & Over 200 IM	0	0	08:30 AM	_____
Prelims	80 Boys 15 & Over 200 IM	0	0	08:30 AM	_____

Break: 10 Minutes:



2019 Wilton Wahoos YMCA Thanksgiving Invitational November 22-24, 2019

Finals	83	Girls 15 & Over 400 Freestyle Relay	0	0	08:40 AM	_____
Finals	84	Boys 15 & Over 400 Freestyle Relay	0	0	08:40 AM	_____
		Finish Time			08:40 AM	_____

APPENDIX 2: QUALIFYING TIMES

None



2019 Wilton Wahoos YMCA Thanksgiving Invitational November 22-24, 2019

APPENDIX 3: YMCA SANCTIONED MEET DECLARATION FORM

(**Note:** Return signed Declaration form to the meet director)

Participating YMCA: _____

YMCA Address: _____

Meet Name: _____

Meet Date(s): _____

Meet Host: _____

Meet Location: _____

We the undersigned attest to the following:

SWIMMERS - All swimmers representing the YMCA above are full privilege members of the YMCA and meet the eligibility requirements.

COACHES - All coaches representing the YMCA above hold current certifications in CPR, First Aid, Coaches Safety Training and Principles of YMCA Competitive Swimming and Diving.

INSURANCE - Our Association now has insurance coverage for representative(s) including leadership and participants who will be in attendance at the [MEET_NAME] _____ for the period of the meet. I hereby certify that YMCA has a minimum of \$1,000,000/\$2,000,000 in liability insurance that covers our coaches and swimmers during their participation in the [MEET_NAME] _____.

RELEASE - In consideration of your accepting this entry, I hereby, for myself, heirs, executor and administrators, waive and release any and all right and claim for damages I may have against the YMCA of the USA, [MEET_HOST_ORGANIZATION] _____, their agents, representatives or assigns, and the [MEET_LOCATION] _____ for any and all injuries which may be suffered by participants at the [MEET_NAME] _____. Furthermore, we understand that the YMCA of the USA and [MEET_HOST_ORGANIZATION] _____ are not responsible for any intended or unintended consequences related to removing an athlete from competition for a head injury. This includes, but is not limited to, any financial reimbursement associated with such removal.

Name and Signature of Head Coach

Name and Signature of YMCA Executive Director or Designee



**2019 Wilton Wahoos YMCA Thanksgiving Invitational
November 22-24, 2019**

This is the last page of the Meet Announcement